



IMMUNE BOOSTING MINCE PIES

10 MINS
PREP15 MINS
COOK

SERVES 10

Spice up your Christmas with this unique take on the traditional mince pie, packed with beetroot (yes beetroot!) and lots of festive spice!

This recipe only takes 25 minutes to complete and serves 10 pies, perfect for the family festivities!

WHAT YOU NEED

For the homemade fruit mincemeat:

200 g apples, chopped into small chunks

1 small raw beetroot, finely grated

50g sultanas, currants or raisins

50g dried cranberries

50g dried blueberries

30g chopped almonds

the zest and juice of 1 small orange

2 tbsp coconut oil

2 tsp cinnamon

1 tbsp fresh ginger, finely chopped

1 tsp vanilla extract

WHAT TO DO

For the mincemeat:

1. Simmer all ingredients together in a saucepan gently over a low heat for 10 minutes, stirring occasionally until you have a rich, sticky mixture.
2. Depending on how dried your fruits are when bought, you may need to add a little more liquid – you're looking for a consistency that is easily spoonable.
3. Allow to cool.

For the filo pastry cases:

1. Spray your nonstick muffin tin with olive oil / other vegetable fat in a spray bottle.
2. Carefully unroll your filo pastry and cut into 4 inch squares – you'll need around 32 squares total. Keep the filo pastry trimmings for the tops.
3. Place 3 squares of pastry into each muffin well at different angles to make sure the mincemeat doesn't stick to the tin.

3 tbsp seeds / nuts of your choice (e.g. chia seeds, pumpkin seeds, millet)

For the pastry and glaze:

One packet of filo pastry

50g butter or other vegetable fat

1 tsp of ground turmeric

½ tsp finely chopped ginger

½ tsp cinnamon

4. Dollop 2-3 teaspoons of mincemeat into the well of each muffin tin.
5. Gently scrunch up a couple of the pastry trimmings and place on top of the mincemeat in a ruffled manner – gently brush the tops of your mince pies with the glaze.
6. Bake at 170 degrees C for 8-10 minutes, checking back regularly to make sure that the edges of the pastry isn't burning.